

Health Care FSA – Using the ASIFlex Debit Card

A debit card is available to employees enrolled in the Health Care Flexible Spending Account (FSA), administered by ASIFlex. The ASIFlex debit card provides a convenient method to pay for out-of-pocket healthcare expenses for you, your spouse, and/or any qualified dependents. Use of the card does not eliminate the need to provide documentation to substantiate or verify claims incurred by using the card.



The ASIFlex Debit Card can only be used at healthcare providers (e.g., hospital, doctor's office, dentist, etc.) and at retail stores that have an Inventory Information Approval System (IIAS) in place. The IIAS restricts purchases with your ASIFlex Card to [eligible expenses](#). You can [find merchants here](#) that maintain an IIAS. You will never be prompted to substantiate purchases at stores with an IIAS in place.

There are some instances for which you may be required to substantiate an expense. This is because the data collected from the provider does not show who incurred the expense and it does not provide a description of the services provided. To substantiate an expense, you simply need documentation that includes an itemized description of each service or supply, date of service, patient name, provider name, and dollar amount. Documentation can include an itemized statement from the provider or an insurance plan Explanation of Benefits.

When documentation to substantiate a claim is required, ASIFlex will send you an e-mail or letter requesting the documentation. You can also check secure messages through your account at asiflex.com to identify if documentation is needed. Click here for more information on the [ASIFlex Debit Card](#).

Did You Know?

Did you know that Highmark Delaware and Aetna offer more than just health coverage? The State Employee Benefits Committee, along with the Statewide Benefits office, works to provide our members with high-quality health care that produces good outcomes at an affordable cost, promotes healthy lifestyles, and encourages you to be engaged consumers. Whether you are trying to lose weight, quit smoking, manage a chronic condition, or save money, there are resources available to assist you. Following are some of the benefits available through Highmark Delaware and Aetna:

- 24/7 Nurse Line
- Healthy Lifestyle Coaching
- Discounts on gym memberships, eyeglasses, massage therapy and more
- Behavioral Health Assistance

To learn more about your health plan, visit the [SBO website](#), choose your group, and then Highmark Delaware or Aetna.

National Migraine and Headache Awareness Month

June is [National Migraine and Headache Awareness Month](#). One in seven Americans suffers from migraines or other headaches that can be debilitating and chronic. In addition to pain, those who suffer from migraines may also experience visual disturbances, nausea, muscle weakness, and depression. Migraine requires diagnosis and it can take time to find the most effective treatment for you, so talk to your healthcare provider if you experience headaches that are severe or frequent enough to interfere with your daily life.



New Leapfrog Hospital Safety Grades

Last month, The Leapfrog Group released the spring 2022 [Leapfrog Hospital Safety Grades](#). The Leapfrog Hospital Safety Grade is an "A," "B," "C," "D," or "F" assigned to nearly 3,000 general hospitals in the U.S., rating how safe they are for their patients. The grade is based on over 30 measures of patient safety, including rates of preventable errors, injuries, and infections, and whether hospitals have systems in place to prevent them. The Safety Grades, updated in the fall and spring, are based on a peer-reviewed methodology, calculated by top patient safety experts, and are 100% transparent and free to the public.

Learn more about quality and patient safety on the [Choosing the Right Care](#) page of the SBO website. The website provides tools such as Leapfrog, Healthgrades, and CMS which allow you to compare hospitals and/or doctors, and learn tips to prevent medical errors, take medications safely, and stay safe while in the hospital.



Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. There is no need to register, simply click a link below to attend.

- Today's Family: Challenges and Changes -
[June 23, 2022 @ 5:00pm](#)

ComPsych® GuidanceResources® is offering a webinar that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. Click on the link below to register:

- Stress: A Way of Life or a Fact of Life -
[June 7, 2022 @ 1:00pm](#)

Advisor Connection will be holding a Personal Finance Seminar on two different days in June 2022. View the Advisor Connection [flyer](#) to learn more about the events and register for the date and time that works best for you.

The webinars above will be recorded and posted to SBO's website if you are unable to attend.

Employee Spotlight

"I have GI issues and I was due for my colonoscopy. I checked the SurgeryPlus website/information to see if that was a covered procedure. Since I have a history of problems, it was eligible. I called SurgeryPlus and had a very pleasant conversation with a representative who is now my assigned contact. I asked for a list of doctors and confirmed that my doctor participates in their network. My assigned representative has called me periodically to check on me and to see if I have questions."

~Julie C., Delaware Technical Community College

Peanut Butter Chocolate Cheesecake Dip

Ingredients:

- 4 ounces fat-free cream cheese (softened)
- 4 ounces low-fat cream cheese (softened)
- 1/4 cup low-sodium peanut butter
- Chocolate-flavored liquid stevia sweetener to taste

Directions:

1. Stir together the cream cheese and peanut butter until smooth.
2. Add the liquid stevia sweetener.
3. Stir together until well blended.
4. Serve with your favorite fruits and vegetables or no salt-added pretzels.

Adapted from the [American Heart Association](#)



Hidden Treasures: Review the information about SurgeryPlus on SBO's website and email the copay for using SurgeryPlus to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Kelly W. from the Department of Transportation!